

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00

Bus Hours of Operation:
Monday thru Friday
8:30 -3:00



COUNCIL ON AGING - SENIOR CENTER

169 Westford Road • Tyngsborough, MA 01879

Mail Address: PO BOX 94

E-mail: broche@tyngsboroughma.gov

Phone 978-649-9211, Fax 978-649-9533

January 2015

News & Tyngs



Happy New Year! I hope everyone had a safe and happy holiday season. Well, we made it! Hopefully we are in the new building and are enjoying the space and not tripping over each other. I want to thank all the volunteers who helped us pack, move and unpack. It was a lot of work, but well worth it in the end. I would also like to thank all of the individuals as well as the businesses for their generous contributions to the Friends.

Here are the upcoming Events:

- Monday, January 5th – National Trivia Day
- Thursday, January 8th – Celebrate Elvis Presley's 80th Birthday with entertainment provided by Kathy Rodger through cultural council grant.
- Monday, January 26th at 1:00 – Friends Annual Fair Recap.



REMINDER: We will be closed on January 1st for New Year's Day and on January 19th for Martin Luther King Jr. Day.

Enjoy every day! Barbara.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” – John F. Kennedy

STAFF

Barbara Roche - Director
Tracy Pecora - Secretary
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Louanne Brady - Bus Driver
Phil Molleur - Bus Driver
Jerry Richall-Bus Driver

COUNCIL ON AGING

Theresa Martineau - Chairperson
Robert McCarthy -Vice Chair
Claire Downing
Roger Downing
Fred French
Michael Knight
Charlene Muscato
Philip O'Brien
Mildred Poirier
Patricia Quinn
Maryjo Tatseos

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES

TAI CHI Exercises

Will be cancelled the months of Nov, Dec, Jan, Feb, back in March. Lesley went in for knee surgery. The Council on Aging and students wish her a speedy recovery.

MEXICAN TRAIN DOMINOES

Every Monday 10:00-11:30

BINGO

Every Tuesday 12:30-3:00

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

EXERCISE CLASS

Tuesday 10:15/Thursday 10:15

Instructor Elaine Corsetti

Cost \$3.00

Wii TV BOWLING

Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards. Sign up two days in advance. 978-649-9211



LINE DANCING

Monday, January 12 10:00-11:00

Instructor Marcella

Cost \$3.00

We are starting a new class at the new center: line dancing! Join our instructor Marcella. In learning beginner line dances as well as some more challenging dances.

Elder-Chair Yoga

Instructor Lynda Gambale

Wednesday 9:00 / Friday 10:00

Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS

Every Friday 12:30-2:30

Paint Instructor: Michael Vieira

Cost \$5.00

You can learn to paint with this oil painting course for beginners as well as professional painters. Join us!

BONE BUILDERS

Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with free twice-a week group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles.

ZUMBA Gold

Every Friday

10:30-11:15

CRIBBAGE

Every Tuesday

10:00 -12:00

RUMMY CUBE

Every Friday 12:00-2:00

Come join our group of rummy cube players. We could use more players for more competition. Keep your brain stimulated. If you also would like to come to lunch at 11:30, call the center 2 days in advance to sign up. \$2.00 donation accepted. Volunteers and staff prepare a homemade lunch of the day on Fridays.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for JANUARY

SOUP FRIDAYS 11:30

Nothing beats the *winter* chill like a steaming bowl of homemade *soup*. You're welcome to stop by any Friday and have yourself a bowl of soup while it lasts. Call two days in advance to add your name to the list. 978-649-9211..Small donation accepted.

REMINDER: CENTER CLOSED

**January 1st for NEW YEAR's and
January 19th for MARTIN LUTHER KING
DAY.**

ISSUES AND CONCERNS

Monday, January 5th 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month.

NATIONAL TRIVIA DAY

Monday January 5th 12:00

Test your brain's recollection with us and maybe win a prize. Sign up for nutrition lunch then stay for the trivia.

ELVIS'S 80th BIRTHDAY

Thursday January 8th 11:30

Join us in celebrating The King's 80th birthday! Kathy Rodger will bring us down memory lane singing many of his hits. Bring a pot luck dish to share and we'll supply the King's birthday cake for dessert!.

DAY OF BEAUTY...

Wednesday, January 14th, 10:00-12:45

Pamper yourself, the price is right! Visit the Beauty Shop, Artisan Restaurant and the little Mini Mall at our local Voke School. If interested call 2 days in advance, 978-649-9211. Transportation is provided. 12 seats limited.

CHAIR MASSAGE

Wednesday, January 14th 11:00

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. Come and relax!

ANNUAL FAIR recap.

Monday, January 26th 1:00 2:00

The purpose, success and outcome of the Annual Fair will be discussed. We're open to new ideas to make this already successful event even better. Come and join the conversation.



NOTICE:

Going forward: when the Center has any kind of special events, we are no longer allowing any one to pick up a ticket for another person. You must come into the Center and pick up your own.

For those of you who do not drive we will make some kind of arrangement to get your ticket to you.

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

COA Board Meeting JANUARY 20th 3:30

Our goal is to help Tyngsborough Elders age safely in place with dignity and independence in the home and community they helped build...because there is no place like home!!!

‘Good Morning Tyngsborough’

In an effort to meet the needs of Senior citizens in the community, a program called “Good Morning Tyngsborough” has been established by the Tyngsborough Police Department.

Senior citizens or persons with disabilities are welcome to participate in the program. An application can be obtained at the police department or the senior center.

The program consists of a requirement to contact the Tyngsborough Police Department every morning prior to 11:00am. The members will “check-in” with the dispatcher to let us know that everything is okay. If the dispatch center doesn’t receive an answer, an officer is sent to the residence. The officer will attempt to make contact with the member. If contact isn’t made, the officer will obtain a key from a predetermined location and will enter the residence to check on the welfare of the member.

Snow Cancellation Policy

1. If there is no school in Tyngsborough the elder bus **WILL NOT RUN**.
 2. If there is a two hour school delay there will be no morning appointments, bus will start at 10:00. If you have a doctor’s appointment before 11:00 you will have to cancel your appointment.
 3. If Town Hall in Tyngsborough is closed Tyngsborough Council on Aging will be closed.
 4. If you are not sure if the Center is opened, call before coming.
- Cancellations will be announced on WCAP Radio 98.5 & TV News on 4, 5, 7.**

9-1-1 Silent Call Procedure

If you need to call 911 from a touch tone phone but are unable to speak for any reason, such as potential stroke, physical disability, domestic violence, home invasion, no access to TTY or a language barrier, dial 9-1-1 first, then Press 1 if you need **POLICE**; Press 2 if you need the **FIRE DEPARTMENT**; Press 3 if you need an **AMBULANCE**. Community members can follow the Silent Call Procedure steps and have the appropriate services sent to help. If you have any questions or would like more information please feel free to contact Police Chief R. Howe at 978-649-7504 or rhowe@tyngsboroughma.gov

In Case of a State Emergency

With the winter months upon us, don’t forget to stock up on staples for your pantry, such as foods that do not need cooking: bread, crackers, canned tuna, peanut butter, protein bars, milk in a carton, juice, etc. Make sure if you take medication that you have enough on hand to get by for a week or so. In case of a state of emergency you should have enough supplies to survive without leaving your house for a few days. You need to be prepared in case you have to fend for yourself. If there is a state of emergency and the Center is **CLOSED** there will be no bus services, and **NO** staff available to meet your needs. Unless it’s an absolute emergency, call your town’s police dept. 978-649-7504.



Fuel Assistance

Starting October 1, 2014, we will be accepting clients for fuel assistance. You can schedule your appointment by calling Tracy at the Tyngsborough Council on Aging 978-649-9211. You will be told what to bring the day of your appointment or we will mail you a copy. You can also go to the Community Teamwork in Lowell, 45 Kirk St 2nd floor, phone number is 978-459-6161.

HOME DELIVERED MEALS

(formerly Meals on Wheels) Elder Services of the Merrimack Valley Nutrition Project. If you have a parent who lives alone and you are worried that they are not eating during the day, Call ESMV 1-888-820-5423. For a sm. donation they will deliver a meal five days a week around noon time.

JANUARY 15

MON	TUES	WED	THURS	FRI
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 30%;"> <p style="text-align: center;">Winter Hours Tyngsborough Public Library 25 Bryant Lane</p> <p>Hours:</p> <p>Monday 10:30am-8:00pm Tuesday 9:00am-5:00pm Wednesday 10:30am-8:00pm Thursday 9:00am-5:00pm Saturday 9:00am-2:00pm</p> </div> <div style="width: 30%; text-align: center;">  </div> <div style="width: 30%; text-align: center;"> <p>1</p> <p>CLOSED for NEW YEARS</p> </div> </div>				
<p style="text-align: center;">5</p> <p>10:00 Mexican Train Dominoes 10:00 Line Dancing 10:00 Issues/Concerns 12:00 National Trivia Day 11:30 LUNCH– Pineapple Ginger Chicken 1:00 Needle Art</p>	<p style="text-align: center;">6</p> <p>10:00 T.J Max Plaza..1hr 10:00 Wellness Clinic 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Crunch Lite Fish /Potatoes Wedges 12:30 Bingo</p>	<p style="text-align: center;">7</p> <p>9:00 Yoga 10:00 Walmart 10:00 Bone Builders 11:30 LUNCH– Rotisserie Chicken Whip Potatoes</p>	<p style="text-align: center;">8</p> <p>10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH– Roast Turkey and Gravy 11:30 Elvis's 80th Birthday</p> 	<p style="text-align: center;">9</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– American Chop Suey 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>
<p style="text-align: center;">12</p> <p>10:00 Mexican Train Dominoes 10:00 Line Dancing 10:30 Walmart 11:00 LUNCH– Honey Curry Chicken/Rice 1:00 Needle Art</p>	<p style="text-align: center;">13</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Turkey Tetrazzini 12:30 Bingo</p>	<p style="text-align: center;">14</p> <p>9:00 Yoga 10:00 Day of Beauty 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH– Meatball Sub</p>	<p style="text-align: center;">15</p> <p>10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH– Baked Ham /Whip Sweet Potatoes</p>	<p style="text-align: center;">16</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW Baked Salmon 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">CLOSED for Martin Luther King Day</p> 	<p style="text-align: center;">20</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– BBQ Pork Patty/Sweet Po- tato 12:30 Bingo</p>	<p style="text-align: center;">21</p> <p>9:00 Yoga 10:00 Bone Builders 10:00 Pheasant Lane 11:30 LUNCH– Teriyaki Diced Chick en/ Rice</p>	<p style="text-align: center;">22</p> <p>10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH– Roast Pork with Gravy</p>	<p style="text-align: center;">23</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW Potato Fish Fillet 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>
<p style="text-align: center;">26</p> <p>10:00 Mexican Train Dominoes 11:00 LUNCH– Meatloaf with Gravy 1:00 Annual Fair re-cap 1:00 Needle Art</p>	<p style="text-align: center;">27</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Chicken Supreme 12:30 Bingo</p>	<p style="text-align: center;">28</p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH Baked Fish Floren- tine /Rice 12:00 Podiatrist</p>	<p style="text-align: center;">29</p> <p>10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH– Macaroni and Cheese</p>	<p style="text-align: center;">30</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW LS Hot Dog /Baked Beans 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

PLEASE NOTE: Effective immediately, all medical trips on Mondays and Wednesdays will be handled by the LRTA Paratransit (Roadrunner) Service. Please call them directly to schedule your trip at 978-459-0152. Thank you for your understanding. We are NO longer scheduling medical rides on Mondays and Wednesdays. It has to be done through the LRTA Paratransit (Road Runner) Service.

The Tyngsborough town bus will still be running medical on Thursdays. However there will be no bus going to Harvard on Thursdays.

Tyngsborough medical bus hours will run from 9:00-1:00.

SHOPPING: Road Runner has a 3 bag limited policy. As you know we have allowed for 4 canvas bags, please add a colored ribbon to your bags. This will help the driver to identify which bags belong together (plastic bags roll around!). To ensure space for all customers on the bus, please be respectful of your fellow passengers and abide by the rules. Passengers are allowed to bring a personal grocery cart to transport their bags and are allowed to use the lift to board their personal cart onto the bus.

Drivers are not allowed to enter your home to bring bags in, they can only bring them to your door step. You must bring your own bags into your home. There should be NO driver entering your home, for any reason, at anytime.

By no means is the bus driver to wait for you while you are at your appointment. This delays the bus and other passengers who have called, end up waiting beyond their pick up time. "Time sitting is time wasted".

REGULAR PROGRAMS AT THE CENTER IN JANUARY

Monday.....

Mexican Train Dominoes	10:00-1:00
Line Dancing	10:00-11:00
Knitting Group	1:00-3:00

Tuesday.....

Wellness Clinic...1/6	10:30-12:00
Cribbage	10:00-11:30
Exercise	10:15-11:15
Bingo	12:30-2:30

Wednesday.....

Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage... 1/14	11:00-12:00
Podiatrist... 1/28	12:00-1:15

Thursday.....

Wii Bowling	10:00-11:30
Exercise	10:15-11:15

Friday.....

Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Rummy Cube	12:00-2:30
Paint Class	12:30-2:30

Lunch is served promptly @ 11:30 everyday
must make reservations 2 days in advance
BEFORE NOON call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

OFF-SITE BUS TRIPS Pick up times.

- **Food Shopping/Wal-Mart : Friday Mornings first run.. P/U starts at 9:00am, second run P/U starts at 10:15am**
- **T.J Max Plaza, Every Tuesday pick up starts 9:00AM -11:45am**

(Special Trips)

- **Wal-Mart, Wed. January 7th, Mon. 12th 10:30am**
- **Day of Beauty, Wed. Jan. 14th, 10:00am**
- **Pheasant Lane Mall, Wed. January 21st, 10:00am**

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC Tyngsborough Council on Aging 180 Lakeview Ave 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc..

- ♦ Tuesday, January 6th 10:00-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ♦ ***iMEDICARE-*** *If you need help with your Health Insurance, and are affiliated with Tyngsborough Family Pharmacy, they will be glad to go over the different plans. Just give them a call 978-226-5679.*
- ♦ **PODIATRIST-** Wednesday, January 28th, 12:00-1:15 the podiatrist will at the Center. This is a first come first serve basis.

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in needed of one. "Place on your refrigerator or glove box of your car." Also ask about the Yellow Dot Program. 978-649-9211.

WELLNESS CLINIC at ELDERLY HOUSING

Nancy Harding, RN, from the
Circle Home, Inc.

- ♦ Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.**
- ♦ Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

THE FRIENDS OF THE COA

Is a non-profit organization which helps raise money for your Senior Center. They help sponsor holiday events, functions, entertainers, programs, new furnishings, etc. Membership fee is \$7.00. If you wish to become a member or make a donation you can find the address below.

Thanks to all of our December 2014 Donors.

**The Friends of the Council on Aging
P.O. Box 94, Tyngsborough, MA 01879**

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes and other events at the Center.

If you wish to donate please make check to:

**Council on Aging, Senior Gift and Donation
P.O. Box 94, Tyngsborough, MA 01879**

UPCOMING in FEBRUARY

**CENTER CLOSED Presidents Day
Monday, February 16th**

FREE TAX ASSISTANCE

Monday February 23rd

Harry Gong, and David Smith our AARP volunteer tax preparer will be available to assist you with your taxes on Mondays starting February 23, through April 8th 2013. Appointments **Mondays ONLY beginning at 12:00.** Call the Senior Center to schedule, 978-649-9211.

VALENTINE SWEET HEART DINNER

Thursday, February 12th, 11:30

Restaurants can be stressful, crowded, and more expensive than normal on Valentine's Day. So get together with other couples and friends with us at the Tyngsborough Council on Aging. Cost **\$5.00** Sponsored by The Tyngsborough Police Union.

Entertainment : Tommy Rull



CLASSIFIED Section

DONATIONS NEEDED:

- * **ALL types of Broths, Veg, Beef, and Chicken**
- * **3 ft" roll of clear wrap for basket raffles.**
- * **Morning Donuts**
- * **Lg/Med size zip locked bags.**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Plain Napkins.**

Aging - Health News



The elderly may be the last population you'd imagine would have issues with drugs and alcohol. Think again. New data shows the number of seniors with drug problems are on the rise. But the causes are complex and the solutions aren't easy. Get educated about the scale and nature of senior drug abuse and misuse, signs of dependence and addiction in older loved ones, and how to get help for an older loved one with a drug problem.

Help for an Older Loved One with a Drug Problem

If you believe an elderly loved one may have a drug problem you should intervene. One option is alerting your loved one's physician about your concerns. The right type of treatment will vary as well as the individual and the circumstances. A hopeful trend is the emergence of [drug treatment programs especially for seniors](#), which was born out of the recognition that there are differences in the drug treatment strategies that are effective for seniors as compared to younger people.

Dependence vs. Addiction

Just as there is a distinction between misuse and abuse, there is a distinction between dependence and addiction. Many medications are *physically* addictive, such as opioid painkillers like Vicodin or Percocet. Sedative, anti-anxiety, and insomnia drugs like Xanax and Valium can also cause physical dependence when taken daily, even at prescribed doses. Even without any misuse or abuse, a patient who is physically dependent will experience uncomfortable [drug withdrawal](#) symptoms if they abruptly stop taking the medication. If a patient stops medication that they are dependent on, their doctor will often prescribe gradually decreasing doses (a "taper") to reduce discomfort.

Addiction is more often the result of drug abuse. Addicts, seniors and otherwise, are usually not only physically dependent on the drug or drugs they are taking, but also take them clearly compulsive and harmful way. As the National Institute on Drug Abuse "compulsive drug use despite harmful consequences—is characterized by an inability to stop using a drug; and failure to meet work, social, or family obligations."

Signs of Drug Problems

Here are some signs that can indicate that your older loved one may have a substance abuse problem:

- Appearing over sedated, disoriented or impaired
- Poor balance or unsteady gait
- Requesting early refills
- Reporting that their medications have been lost or stolen (particularly if this occurs more than once)
- Poor hygiene or disheveled appearance
- Appetite changes
- Mood swings or major personality changes
- Increased isolation
- Demanding narcotic drugs at visit to the doctor
- Apparent doctor shopping